Name		
Specific	• What do I want to accomplish? • Why do I want to accomplish this? • What are the requirements? • What are the constraints?	
Measurable	• How will I measure my progress? • How will I know when my goals is accomplished?	
Achievable	• How will I accomplish my goals? • What steps will I take?	
Relevant	• Why is this important to me? • Do I have what I need to be successful?	
Time-bound	• When can I work on my goal? • How long will it take me to achieve my goal?	